

MARCH 2022 | ISSUE 07

movement

union county library literary magazine

celebrate women's history month

"providing healing, promoting hope"



trailblazing women

resilience, humanity, and extraordinary. take a look at some outstanding women in union county

art speaks for itself

artist angela lubinecky



*"I know what I want, I have a goal,
an opinion... Let me be myself and
then I am satisfied. I know that
I'm a woman, a woman with inward
strength and plenty of courage."*

-Anne Frank

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WOMEN'S HISTORY MONTH



PROVIDING HEALING, PROMOTING HOPE

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editor's note

During Women's History Month we celebrate women's contributions and achievements to our history, culture, and everyday lives. It's a wonderful opportunity to reflect upon the boundaries that have been broken by courageous and determined women. Women who fought for change and whose long-lasting legacies improved the lives of future generations and paved the way for even greater change and success.

Whether it's a mother, teacher, grandmother, coach, mentor, or other strong female role models, we all have women in our lives to celebrate and honor.

I am celebrating my 86 year old mother who was the first in her family to attend college, earned a Master's Degree in Education, and was an elementary school teacher for more than 35 years.

With this in mind, Union County Library is proud to bring you our current issue of *Movement Literary Magazine* celebrating Women's History Month.



Sheri A. McNeill
Guest Editor-in-Chief

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adventure with

kanopy





FRONTLINE HERO
DR. GWENDOLYN PERKINS

INTERVIEWED BY JAKEEM ROYAL



I had the opportunity to interview Dr. Gwendolyn Perkins, who is a Family Medicine Specialist in Monroe, NC, and has over 45 years of experience in the medical field. She graduated from Temple University School of Medicine medical school in 1977. She completed her residency at Saint Margaret Memorial Hospital in Pittsburgh, Pennsylvania, and came to Monroe in 1980 and set up her practice.

JR: What inspired you to work in healthcare?

GP: *My own family doctor made me somewhat curious about medicine. He was always available no matter the time of day. As I got older I thought of other careers but came back to medicine when I was given a job at St Christopher Children's Hospital in Philadelphia in the Virology Department. My primary job was in research but I worked with two amazing women, one a physician specializing in cystic fibrosis and the other a researcher in virology. They both encouraged me to go further and with their help I applied to med school.*

JR: What have been some of the biggest challenges you have faced during your career?

GP: *Med school was hard but I expected that. My biggest challenge was financial. I worked while in school and was helping to support for sister while she was in college.*

JR: The healthcare field is changing due to COVID-19. What is one change that has impacted how you work?

GP: *Due to Covid we have had to reduce the number of patients we see to limit the number of patients in the office at one time. We also disinfect the office between patients to limit the spread of infection. I suspect this is going to be the new normal for the foreseeable future.*

JR: How have you balanced the increased risk to yourself with the urgent needs of your patients?

GP: *I have been vaccinated and encourage staff and patients to do so. I follow CDC guidelines for masking, distancing when possible, and hand washing. I also attempt to have patients monitor their own health such as checking blood pressure and glucose levels.*

JR: What are you doing to look after your health (mental or physical) outside of work?

GP: *I love to read but don't have time to sit and read as before, but now use Audible and can listen when doing other things. I love to garden and look forward to longer days and warmer weather so I can start planting.*

JR: What is one thing you want the community to know about what you offer?

GP: *I would like to think I give compassionate care to all my patients.*

JR: As you know, it is Women's History Month. What would you say to young girls who aspire to work in this field?

GP: *To any young girl who is interested in medicine, seek out the help and advice of other women in medicine. It is an extremely rewarding field and I have enjoyed the time I have spent. The work is hard but worth every minute.*

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Grow with Google

Thursday, April 7

Reach Customers

Online with Google

Wednesday, May 4

Get Your Local Business on
Google Search and Maps

Thursday, June 9

Make Your Website Work For You



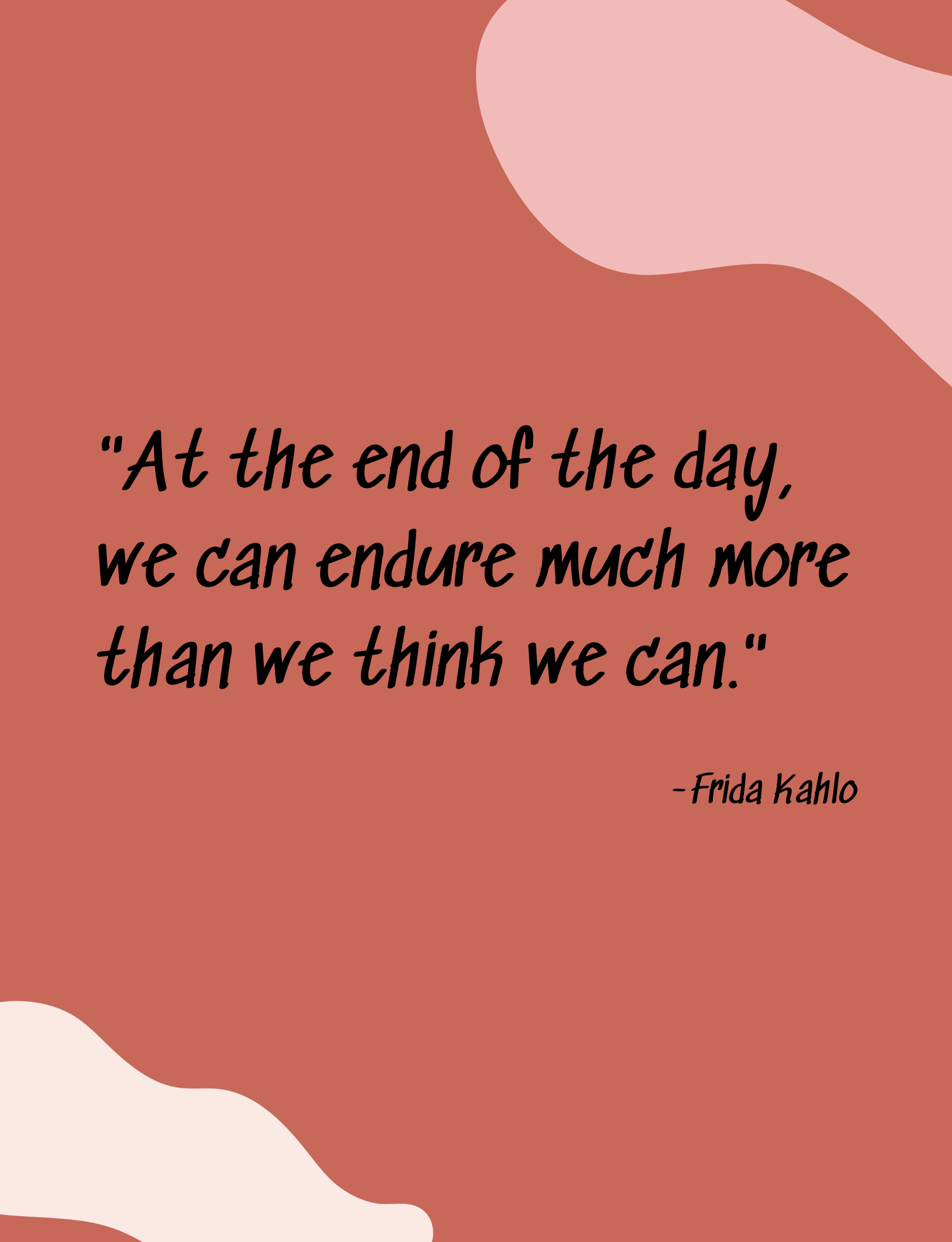
Charlotte



6p.m. - 7p.m.

Registration Required

Scan the QR code to sign up!

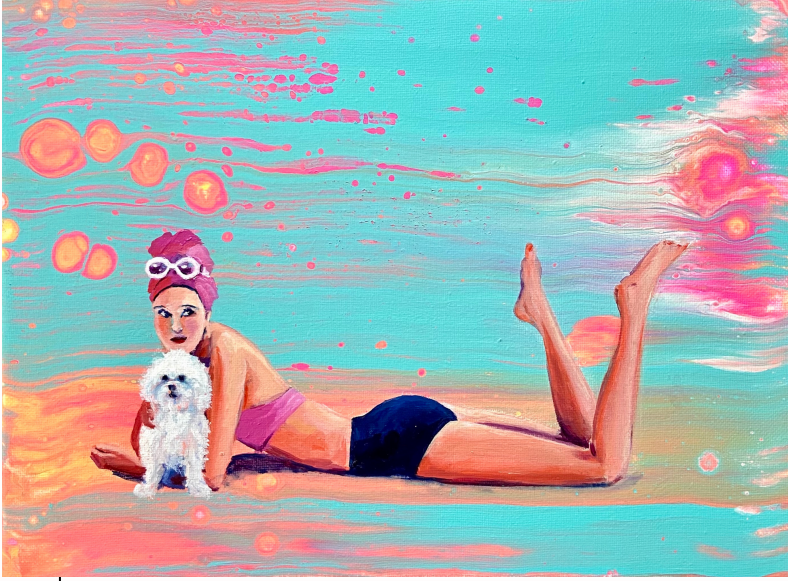


*"At the end of the day,
we can endure much more
than we think we can."*

- Frida Kahlo



art speaks for itself
angela lubinecky



At the Beach with Fifi

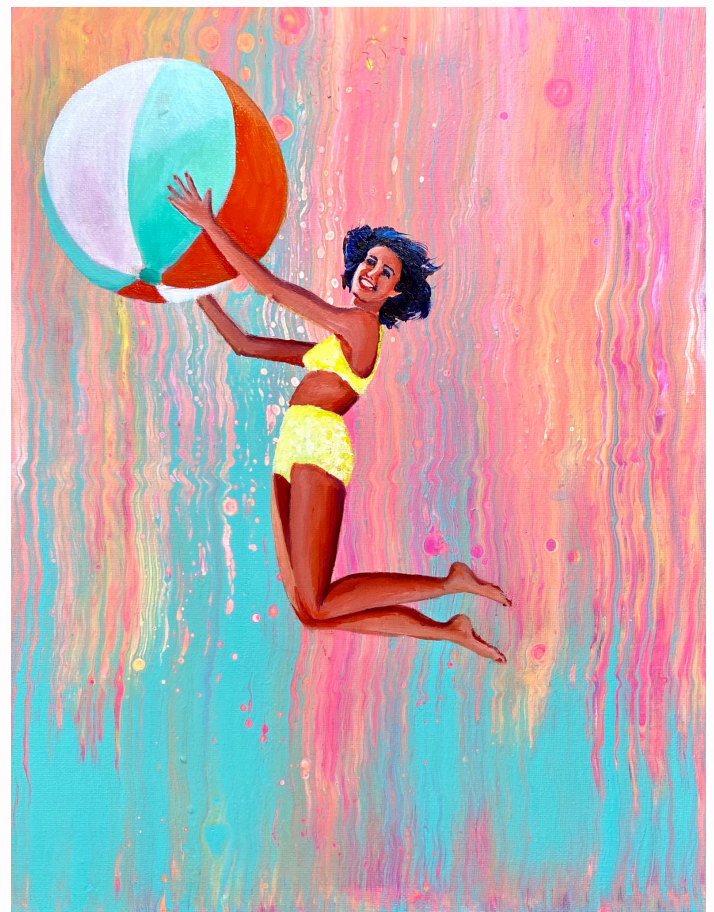
When you look at my art you will find glimpses into where life has taken me. I was raised in a multicultural expatriate community in East Africa and was exposed to a variety of influences. My inspiration ranges from the bright colors and patterns printed on Kenyan "Maridadi" fabrics to the repetitive shapes and rhythms found in nature. I am especially drawn to the ocean, having spent more time in the water than outside of it when I grew up. I think repetition is soothing and an important element of composition.

Like any other creative area, the art field is highly competitive. There are a lot of very talented artists out there and I don't like distinguishing by gender or any other category. I think the art speaks for itself and if you want to succeed as a person, you have to be dedicated and work extremely hard. You may have a lot of talent as an artist but you must keep practicing and challenging yourself. On top of that, you have to be good at marketing your work and promoting yourself. You must be disciplined to a certain degree and accept that you will encounter a lot of rejection. Despite that, you must believe in your work and be confident in your own ability to succeed. The road to being an artist is definitely challenging and it absolutely terrified me. It was not clear to me that I would one day be an artist. I studied art history but worked many different jobs in a variety of different fields after graduation.


The actual push to dedicate myself to being a full-time artist came along with the lockdowns in 2020. In other words, it took an earth-shattering event for me to want to enter the art field and I am so glad I took the plunge.

This past year during lockdown and uncertainty, I have been obsessed with wanting to express my love for life more than ever. My previously abstract pieces began to incorporate the figurative as part of my narrative. Memories of carefree days and a desperate need to express those became my focus. My palette is always bright and vivid. To me, color signifies life and is an expression of the beauty, happiness, peace, and joy that can be found in it. It is a reflection of my family's optimism, sense of adventure, and embrace of everything life and this world has to offer.

To see more artwork by Angela Lubinecky
Follow on Instagram **@Lolangi_art**
Or visit **www.lolangi.com**



Having such a Ball

The background is a solid light pink color. In the top right corner, there is a large, dark red, abstract shape that resembles a drop or a splash. In the bottom left corner, there is a smaller, light orange, abstract shape that also looks like a splash or a drop.

"If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then, you are an excellent leader."

-Dolly Parton

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trailblazing women

Around the world and in our own backyards, women are consistently challenging stereotypes and creating new paths for themselves as well as for all who will follow. With both grace and grit, they exemplify what it means to make a difference. While it is impossible to fully capture all of the names and faces of extraordinary women who have impacted Union County, we invite you read on and learn about a few who have blazed their trails across our community.



Aly Jordan

A portrait of a woman with shoulder-length brown hair, smiling slightly, wearing a dark halter-neck top. The background is a blurred outdoor setting with a building and some greenery. A solid orange vertical bar is on the right side of the image.

brook evans-fabian

indian trail, nc, asana anywhere

Brook Evans-Fabian is a private Yoga teacher, wife, and mother. She studied in Los Angeles, CA, and has a background in the fashion industry as a fashion designer, fashion stylist, and model. Brook received her calling to transition into the wellness space while living in Thailand and traveling through the South Pacific. She returned to California in 2015 to begin her career teaching Pilates and later became a mother in 2017. In 2019, she earned her 200-Hour Yoga Teacher Certification after completing a 16-day Immersion Training in Glacier View, Alaska, and went on to compete in the first ever Yoga Olympics in 2020.

What do you enjoy most about what you do?

I appreciate the connection cultivated between my clients and me in such an intimate setting as 1:1 classes. I often teach out of my own home, where I am able to oversee every aspect of the clients' session - the sights, sounds, smells, and curriculum - everything is customized to the individual in that moment; what the client needs right then and there, which can change every 20 minutes as the person relaxes into the session. Teaching privately enables me to create the best possible foundation for their journey into the world of Mind + Body Wellness.

Why do you feel Women's History Month is important?

In my experience, women hold a silent power. We are often making quiet moves; counting our victories behind the scenes. In my opinion, most women don't find it natural to request recognition... but perhaps we should! I think a platform like this, where we can openly share some of those achievements, is an excellent reminder to stand up for ourselves a bit harder, to celebrate those triumphs a bit louder next time.

To learn more visit asanaanywhere.square.site



A portrait of Sheila Crunkleton, a woman with blonde hair, smiling. She is wearing a dark blue top and a necklace with blue and silver beads. The background is a blurred stone wall.

sheila crunkleton

monroe, nc, executive director of the american red cross

Sheila Crunkleton is the Executive Director of the American Red Cross, Southern Piedmont Chapter. Sheila joined the American Red Cross on April 30th, 2008. She spent 3 years prior to that as a board member/volunteer. She oversees operations in 6 counties – Anson, Cabarrus, Montgomery, Rowan, Stanly, and Union. Sheila has been married for nearly 31 years to Roy, whom she claimed her number one volunteer, and together they have one son, Steven, and daughter-in-law, Jess. They live in Monroe.

What do you enjoy most about what you do?

I love being able to help people during times of crisis. Knowing we are providing help and hope, whether it is a home fire or any other disaster, to our military families when emergency messages need to be relayed, a patient in need of life-saving blood, or someone being trained in CPR and first aid.

Why do you feel Women's History Month is important?

My mother was the strongest and most beautiful woman I have ever known. She taught me to go after what I want, but be kind to all. I am who I am today because she believed in me. And I cannot help but look back at our American Red Cross founder, Clara Barton. Now she was a strong and brave woman. We have so many strong role models in history to look back on and now it is our turn to be those role models to other women.



Angela Simpson is co-owner of Cake Affect bakery in Indian Trail, North Carolina, which she operates with her husband Ryan. She has spent over 30 years in hospitality and customer service. In October of 2019, Angela decided to take her service skills, along with her passion for cooking and baking, to pursue opening a bakery. Angela enjoys seeing the smiling faces of customers as they come in to get their irresistible desserts and a taste of excellent customer service. Some even call just to hear her say the company slogan, "We don't do it all we just put our all in what we do."

She's known as Angie, who has a heart full of passion, reaching out and helping all people. She has a love for the word of God and as an ordained Pastor, she finds herself ministering daily to people of all walks of life. Angela is a dedicated wife and loving mother to her four children that she fostered for two years, then adopted. Because of her strong love and desire for helping children, she is still an active foster parent.

In her free time, Angela enjoys singing, dancing, and spending quality family time playing games with her children and cuddling up with her hubby to watch a good Lifetime movie.

Why do you feel Women's History Month is important?

Women's History is important because we have a great responsibility. Some are wives, mothers, business owners, advisors, and nurturers. Recognizing the achievements of women in all facets of life whether it be science, community, government, literature, art, sports, medicine or clergy has a huge impact on the development of self-respect and new opportunities for girls and young women.

To learn more visit www.cakeaffect.com



angela
simpson
indian trail, nc, cake affect



Girls on the Run of Union County was founded in 2005 by Council Director Bonnie Grote. Bonnie was initially a coach for GOTR in Charlotte, NC and realized there was a need for the program in Union County. With the backing from Lending Tree and Atrium Health, she was able to bring GOTR to Union County in 2005. The first full season of GOTR was completed in the Spring of 2006 at 9 sites with just 90 girls. Since then, over 18,000 girls have participated in the program. To date, over \$400,000 in financial assistance has been awarded to girls to participate in the program. Bonnie lives in Charlotte with her husband and has three children.

What do you enjoy most about what you do?

During the program, girls will develop and improve competence, increase their confidence in who they are, develop strength of character, make new friends, and make a meaningful contribution to the community. At the end of the season, the girls participate in a 5K celebration. Seeing all of the happy faces as they cross the finish line says it all for me. Knowing that they have accomplished their personal goals will make anyone's heart melt.

Why do you feel Women's History Month is important?

It is so important to celebrate and remind ourselves of all the accomplishments that women have achieved over the years - influencing our culture and society. At Girls on the Run, we are proud to honor the incredible contributions of women, as we celebrate the unique girls who make up our program - helping them envision a world where their potential is limitless and freely to boldly pursue her dreams. In recognizing the amazing women who have changed the world for us, we also find the importance of laying a firm foundation for the girls who will one day make history.


To learn more visit www.girlsontherununion.org

bonnie
grote

monroe, nc, girls on the run union county

gloria barrino

monroe, nc, union county crisis assistance ministry

A close-up portrait of Gloria Barrino, a Black woman with short, dark, curly hair. She is smiling warmly at the camera, showing her teeth. She is wearing a light-colored top with a floral pattern and a gold chain necklace. The background is a dark, textured blue.

Gloria Barrino became the first full-time director of Turning Point where she developed programs designed to target domestic violence in Union County. After serving ten years at Turning Point, she accepted a job offered by the District Attorney's Office in Union County to help implement and develop a program named "Victim's First," created to give abuse victims a voice in the courtroom.

In 1998, Gloria became the first full-time executive director of Union County Crisis Assistance Ministry. She is a seasoned administrator and her experience working directly with vulnerable populations allows her to lead Union County Crisis Assistance Ministry with confidence and compassion. She works closely with public and private sector partners to align systems and increase resources in our community for underserved populations. Gloria is also an ordained minister who loves bringing hope to those in despair and believes the work she does is an assignment.

What do you enjoy most about what you do?

I have a passion for helping others and enjoy collaborating with a team of people committed to alleviating poverty and suffering for those who are vulnerable and often forgotten. Connecting people with resources that help improve their quality of life and that restores hope is a common thread throughout my life that has brought me great fulfillment. Serving others is a calling and it is something seen firsthand from my late father, Benjamin Winfield, who was a role model for young people in our community.

Why do you feel Women's History Month is important?

Women's History Month is important because it is a time to celebrate the positive impact women have played in changing the course of history. It is also a time to reflect upon those who have gone before us and the sacrifices they made to pave the way for the next generation. Women's History inspires all women to be courageous and to move past the barriers that prevent them from reaching their full potential.

dr. sadhana char, md

monroe, nc, family physician

Dr. Sadhana Char is a family physician working in Monroe, NC at NH Southern Piedmont Primary Care for the past 12 years. She grew up in Charlotte, NC in the 1980's. She attended UNC Chapel Hill for undergraduate studies, University of Toledo for medical school and East Carolina University for Family Practice Residency. She has been a volunteer physician at the Matthews Free Medical Clinic for 14 years. She helped to organize the Novant Health White Coats for Black Lives in 2021. She served as co-lead physician of her practice for 3 years. Outside of work, Dr. Char likes to read fiction, travel, and spend time with her husband and 3 wonderful children.

What do you enjoy most about what you do?

What I love most about being a family doctor is hearing peoples stories to learn who they are because it is through their experience that I gain perspective, witness the sheer strength of so many who struggle and connect with each person by our shared humanity. Additionally it is a privilege to be a part of my patients' journeys helping them through sick and well times, giving me purpose and the opportunity to work alongside a fantastic team of people at my practice who make patient care possible.

Why do you feel Women's History Month is important?

Women's history month is essential to recognizing the women who have created the environment and space for so many to succeed. None of us can succeed without others whose hard work, emotional and physical support, and sheer grit are the stones that pave the road for our successes. The history of mankind's successes is paved by women who were disproportionately never recognized or even seen for their role. It's so important for all of us (and for me personally as I have 3 daughters) to take the time to recognize and learn the perspectives of those women in the past and now who are the pillars of our homes, communities, workplace and world.

**NH NOVANT
HEALTH**
Sadhana Char, MD

A portrait of Lieutenant Monique Holt, a Black woman with shoulder-length brown hair, smiling. She is wearing a dark blue police uniform with a sergeant's rank insignia on her collar. The background is a solid grey.

lieutenant monique holt

monroe, nc, community services and animal control services

Lieutenant Monique Holt started her career with the Monroe Police Department in 2003. During her career, she has worked in the Patrol Division, Community Service Team, and Mobile Field Force Team. In 2006, she started teaching the GREAT Program (Gang Resistance Education and Training) and, in 2008, the DARE Program (Drug Awareness Resistance and Education). From this experience, she decided to become a Certified School Resource Officer (SRO) in 2011 for Union County Public Schools. After working in the school system as an SRO for 13 years, she was promoted to Sergeant's position. She served as the supervisor for the current School Resource Officers in Union County Public Schools. In 2020 she was promoted to Lieutenant Holt over community service. Lieutenant Holt holds a Bachelor's Degree in Criminal Justice and is currently enrolled at Liberty University seeking a Master's degree.

What do you enjoy most about what you do?

I enjoy helping people and giving back! When I first wanted to be a police officer, I told my fifth-grade teacher that I wanted to save the world, not knowing that I couldn't keep the world but help the people in it. To me, I feel like I am living up to my goal. It's a fantastic feeling when people look at your uniform and not like the profession but like the person wearing the uniform. I think that's because of how I treat people and the relationships I have built with the people I serve. I am not only an officer of the law but a mother, friend, mentor, teacher, counselor to a lot of people, and I know that sounds like a lot to carry, but I am okay with it! It puts a big smile on my face when I see young adults later in life, and they remember me and yell out my name and give me the biggest hug or get an invitation to college, military graduation, or even baby shower, weddings. That lets me know that I have done my job.

Why do you feel Women's History Month is important?

Women need to know that they are essential too. Some say many women are breaking the "Glass Ceiling," but there have been so many social barriers preventing women from being promoted to top jobs in management. Now that is changing. You have female NFL coaches, the first woman speaker of the house in 2007, female vice president, female chief master sergeant of the air force, and that is to name a few. It is incredible for young ladies to see powerful women successful in history while being a daughter, mother, wife, sister, and friend. Being a female in law enforcement is an accomplishment because Law enforcement has more men who do the job than women. When a young lady asks me about becoming a police officer, I encourage her and support her. My journey is not over. I still have work to do, but when I see other women rising to the topic and achieving goals, it melts my heart and adds fuel to my fire.

carley englander + cress barnes

monroe, nc, owners of east frank superette and kitchen



Carley has worked for the Common Market in Charlotte for a long time and opened up all of the new stores throughout the years. In 2016, she decided to move to Monroe to open a small-town version with partner Robbie and business partners Blake and Cress (East Frank was born!). Carley is originally from San Antonio, TX but grew up for the most part in Charlotte (Irwin, Piedmont Middle, and West Charlotte) and college at UNCW. Carley and Robbie have 3 children currently in school in Union County.


Cress is originally from Virginia and moved to Charlotte 30 years ago, where she currently owns The Common Market with her husband Blake. Cress has played Roller Derby for 8 years, was a surgical technologist, a preschool teacher, and a beekeeper. Cress is the Mother of 3 young men, an actor and board member with the Union County Playmakers, an activist, and loves living in a haunted house in Monroe. Cress ran for City Council in 2021 with high hopes to shake up the good ol'boy network, but didn't win, but came to the realization that they can do more through the store and in our community.

What do you enjoy most about what you do?

Owning East Frank is an adventure! We love meeting our neighbors and have created the space to do that. By facilitating new friendships, and even a few love matches, East Frank has become an all-inclusive space for people to hang out. We have introduced so many people to new experiences like great wine tastings, drag shows, and unique food combinations. Changing Monroe is not our goal, but giving people an alternative and some different choices for things to do is important. We saw a need and we filled it, with something new and innovative.

Why do you feel Women's History Month is important?

Because men have had their time! In history, our moments have always been overshadowed by the accomplishments of men. There are so many incredible women who have contributed immensely to our community. In downtown Monroe alone, we have many women-owned and run businesses. Monroe's history is filled with amazing women like Christine Darden and Mary Kenner. Both are incredible role models for our communities. These and more deserve acknowledgment and celebration! That's why Women's History month is so important.

A close-up portrait of Dr. Cherisse Carlin, a woman with dark hair styled in a braid, smiling warmly. She is wearing a light blue and white striped shirt and a pearl necklace. The background is a soft-focus green, suggesting an outdoor setting with trees.

dr. cherisse carlin, phd

indian trail, nc, owner at the carlin group

Union County was a stark change for Dr. Cherisse Carlin and her family when they moved here from Maryland. But, they immediately noticed the warmth of the community at every level, not to mention the weather, and declares that it is the Union County community spirit that made the transition easy. Dr. Carlin holds her Ph.D. in Language, Literacy, and Culture and is a licensed K-12 instructor. She is the principal owner of The Carlin Group (thecarlingroup.com) where Courageous Conversations happen. Her focus aims to bridge the gaps between a company or organizational teams, individuals, and groups that experience interference stemming from matters of Diversity, Equity, and Inclusion. Cherisse is also a homeschooling mom and appreciates the State and County's position to support this subcommunity. She values the role of the entire community and its team in producing strong citizens from its children to its adults. As a music team member and a member of the women's ministry at her church, she reminds people that life is worth living boldly and courageously. She works with adopted children from other countries as they adjust to the American language, literacy, and culture. She has enjoyed volunteering at a Union County Public school teaching reading and math to small groups of students from multiple grade levels.

What do you enjoy most about what you do?

I truly enjoy that I have the opportunity to live life with courage and set an example for my family. It is the things we do that stick with children more than the things we say. I am hoping that my action messages are resounding within them; that life is worth living boldly and large. Through serving others, my children are understanding the importance of community. One of the most rewarding aspects of a courageous conversation is the moment clients have the realization that it was worth it. There is a freeing to the spirit when people recognize that they possess the tools within them to live life well. Through volunteering, I get to meet other volunteers and I'm able to say to myself there is still a lot of good in this world. There are still people who can see beyond themselves and care for others. Homeschooling is something I would not trade for anything else. I see the development of my children and myself, rather than conformity. Yayy!!!!

Why do you feel Women's History Month is important?

Women's History Month allows us, as a community, to explore the contributions women have made and are still making to our society and culture. Understanding and teaching future generations that women are at the center of our nation's history is crucial. Uncovering and discovering overlooked contributions makes us only wiser. This month calls the attention of everyone to celebrate the strong and giving women in their lives and country. Everyday, I am inspired by fabulous women locally and globally. We all play an important role in building community. This month focuses on the role of women. It facilitates how to use the very knowledge of our history and heritage to strengthen who we are, the world around us, and aptly equip us to better both. After all, we're all connected to some amazing woman...let's celebrate!

candice sturdivant

wingate, nc, assistant director of internships
& career services at wingate university



Candice Sturdivant is best described as an engaged native of Union County with genuine love and desire to serve in capacities that benefit the common good of our entire community. She is a first-generation college student with a bachelor's degree from Wingate University and 15 years of experience in Higher Education. She has served Union County in multiple leadership capacities; such as an Elected School Board Member for Union County Public Schools. She contributed to the Strategic Planning process for Union County Community Shelter and participated in the development of the Young Professionals program for the Union County Chamber.

What do you enjoy most about what you do?

It has allowed me the opportunity to be a positive voice and provide a service for individuals that may need guidance. Most importantly, being able to acknowledge my circle of wisdom that has allowed me to understand and capture that helping others requires sincere love and treating others as you would like to be treated will always be a blessing.

Why do you feel Women's History Month is important?

It continues to remind us of our Women Pioneers that have birthed and rooted a significant foundation that allows our current and future leaders to make educated and meaningful decisions. Women's History captures self-belief and yields eye opening blossoms for the common good.

A portrait of Shannon Batchelor, a woman with long brown hair and blue eyes, smiling slightly. She is wearing a black top and a light grey cardigan. The background is dark.

shannon batchelor

monroe, nc, principal of monroe high school

Shannon Batchelor is a Union County girl and a product of this community and school system. In the early 90's, she was the recipient of the North Carolina Teaching Fellows Scholarship and attended East Carolina University before returning to Union County to teach at the very high school from which she held a diploma. She and her husband, Chris, are both career educators. Originally, she returned to Wingate University and earned an MBA thinking that she might want a career path away from education. She says education is her calling and she couldn't walk away so she returned to school and earned a Masters in Educational Leadership. Over the years she has proudly served as a classroom teacher, central office director, and principal. Two school systems and thousands of families later, she still loves what she does every day. Shannon and Chris reside in the Stallings area and have two children. Their son is a senior in college and their daughter is a senior in high school. She says she loves her job each and every day.

What do you enjoy most about what you do?

I enjoy my interactions with people the most. Whether it is supporting teachers, working with families or working with students, I strive for each interaction to be a positive exchange even when discussing tough subjects. There is nothing greater than running into a family or student over the years and hearing how they are and what all they have accomplished!

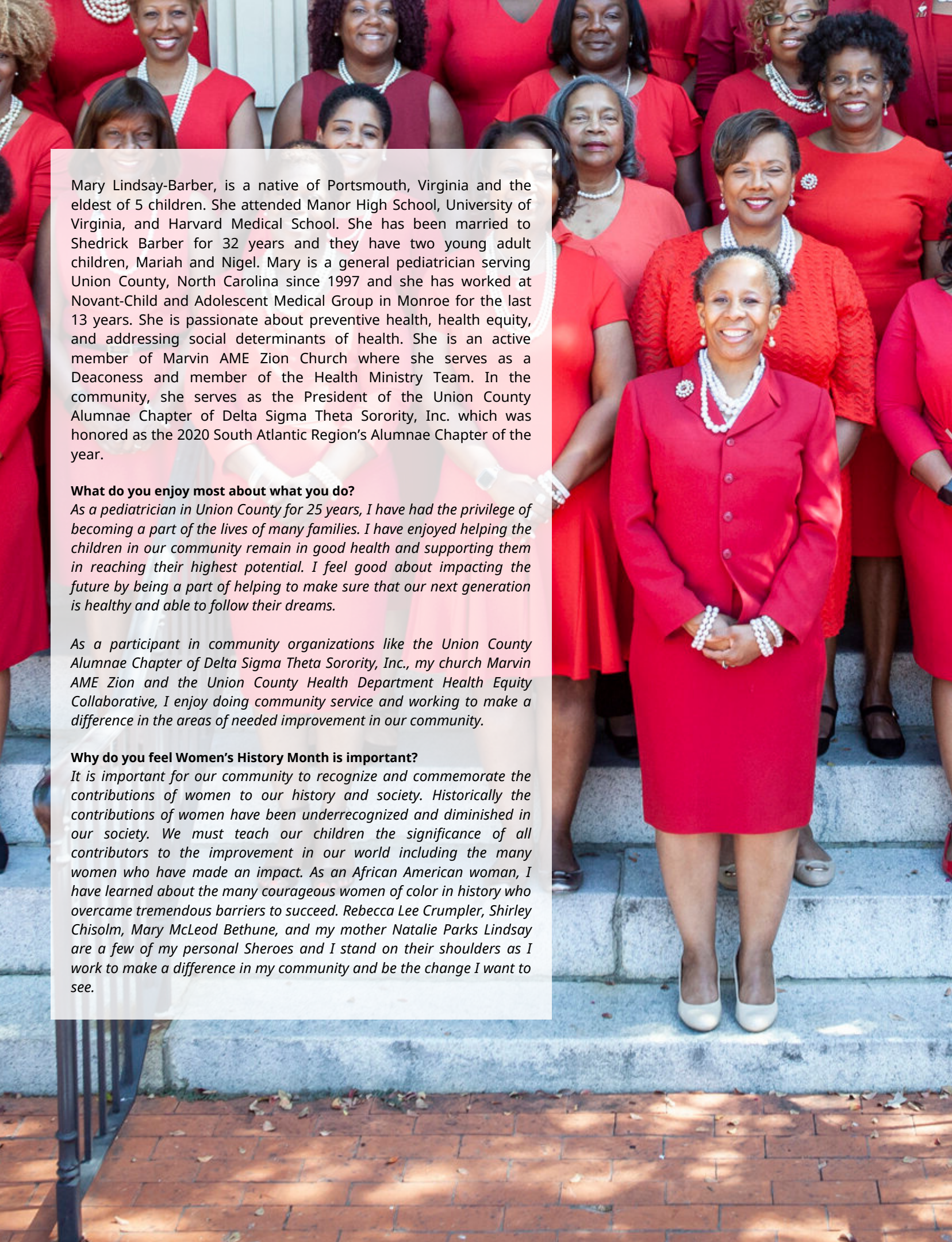
Why do you feel Women's History Month is important?

It is important to remember those that have contributed to the opportunities we have today. Decades ago, the position I hold wasn't available to women. We want to make sure that we recognize the contribution of all people to our society, regardless of gender.



dr. mary
lindsay-barber, md

monroe, nc, novant child and adolescent medical group

A group of African American women are posed on a set of stone steps. They are all wearing red dresses and are adorned with multiple strands of pearls and pearl necklaces. The woman in the foreground is wearing a red suit jacket over a red dress, also with pearls. They are all smiling and looking towards the camera. The background shows a brick walkway and some foliage.

Mary Lindsay-Barber, is a native of Portsmouth, Virginia and the eldest of 5 children. She attended Manor High School, University of Virginia, and Harvard Medical School. She has been married to Shedrick Barber for 32 years and they have two young adult children, Mariah and Nigel. Mary is a general pediatrician serving Union County, North Carolina since 1997 and she has worked at Novant-Child and Adolescent Medical Group in Monroe for the last 13 years. She is passionate about preventive health, health equity, and addressing social determinants of health. She is an active member of Marvin AME Zion Church where she serves as a Deaconess and member of the Health Ministry Team. In the community, she serves as the President of the Union County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. which was honored as the 2020 South Atlantic Region's Alumnae Chapter of the year.

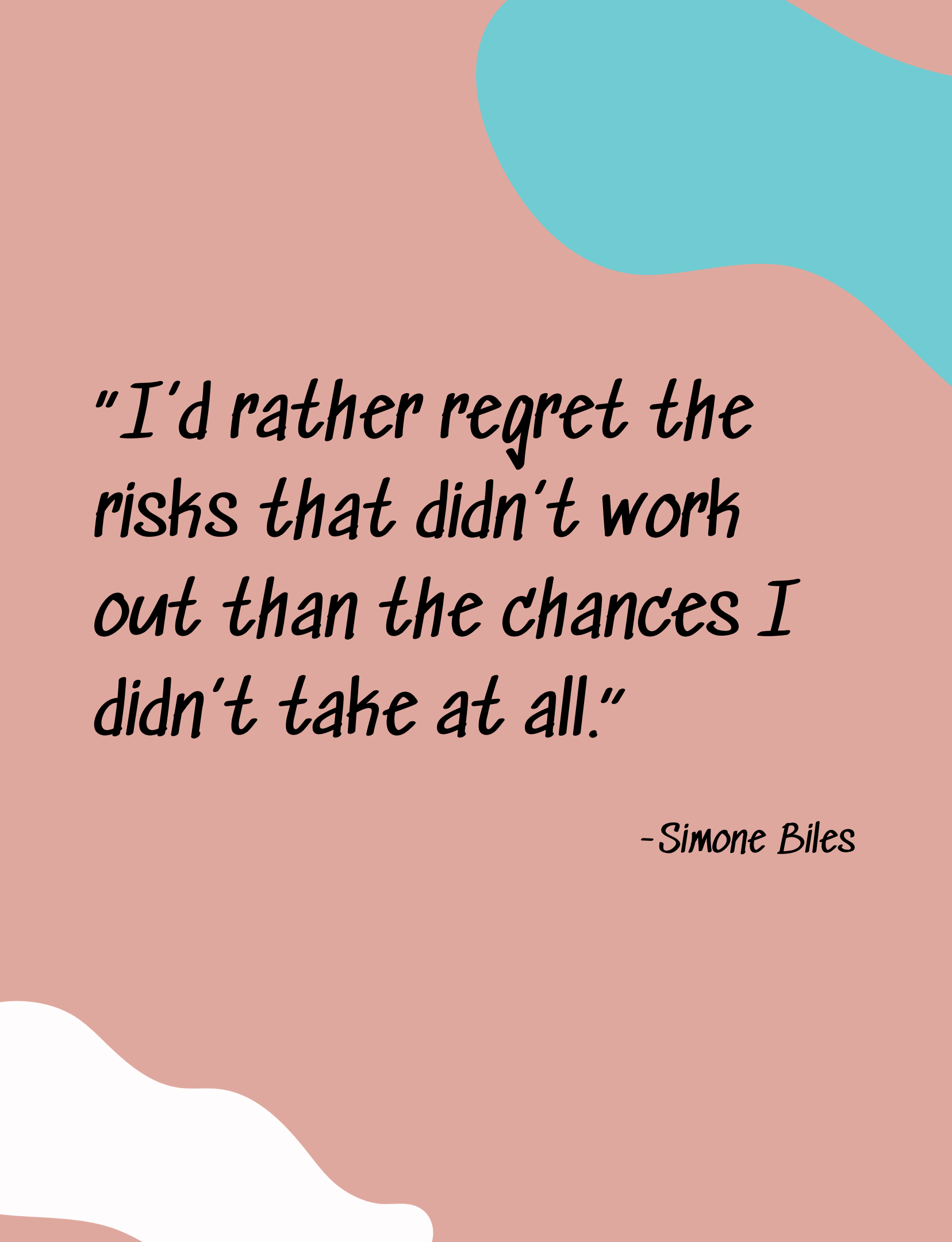
What do you enjoy most about what you do?

As a pediatrician in Union County for 25 years, I have had the privilege of becoming a part of the lives of many families. I have enjoyed helping the children in our community remain in good health and supporting them in reaching their highest potential. I feel good about impacting the future by being a part of helping to make sure that our next generation is healthy and able to follow their dreams.

As a participant in community organizations like the Union County Alumnae Chapter of Delta Sigma Theta Sorority, Inc., my church Marvin AME Zion and the Union County Health Department Health Equity Collaborative, I enjoy doing community service and working to make a difference in the areas of needed improvement in our community.

Why do you feel Women's History Month is important?

It is important for our community to recognize and commemorate the contributions of women to our history and society. Historically the contributions of women have been underrecognized and diminished in our society. We must teach our children the significance of all contributors to the improvement in our world including the many women who have made an impact. As an African American woman, I have learned about the many courageous women of color in history who overcame tremendous barriers to succeed. Rebecca Lee Crumpler, Shirley Chisolm, Mary McLeod Bethune, and my mother Natalie Parks Lindsay are a few of my personal Sheroes and I stand on their shoulders as I work to make a difference in my community and be the change I want to see.



"I'd rather regret the risks that didn't work out than the chances I didn't take at all."

- Simone Biles



POCKETS

by Aly Jordan

Suffragists and artists. Scientists and poets.
Advocates and healers.

Compared to the obstacles over which women in these fields have triumphed, what I am about to discuss may seem trivial. And yet, discuss it, I shall.

Pockets.

The casual, yet, nagging desire for better pockets is one I have heard expressed by many women and girls around me. Particularly, the one I see in the mirror.

Sure, if you happen to have a single neatly folded tissue to store, you might be able to make it work. Anything else and you'll likely need to explore other options, i.e., The Bag.

Now, I recognize that the landscape of women's fashion has changed dramatically from the time of foot binding or tightly cinched corsets. Designs have become much more functional and the lines dividing "men's clothing" versus "women's clothing" have been blurred, redrawn, and sometimes erased altogether. Gratefully, norms seem to be shifting more and more to appreciate that we should all wear what best aligns with whom we know ourselves to be.

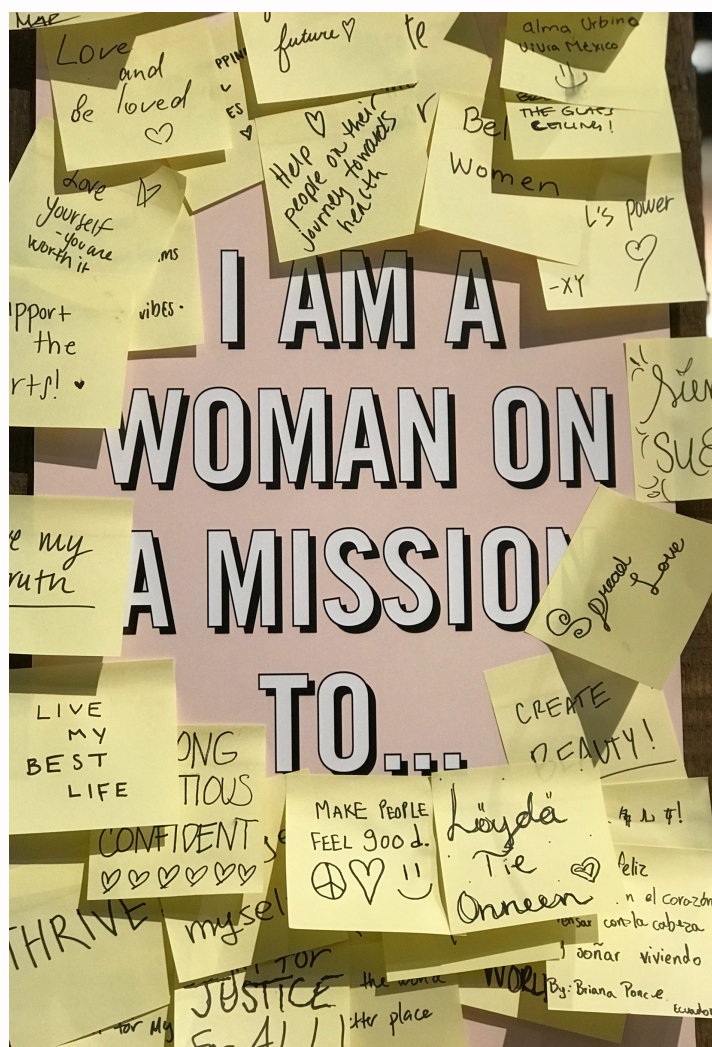
So, yes, The Great Pocket Problem is nowhere near the most pressing issue facing women today.

Still, the origins of this problem gives me pause.

Why was it decided that women should have nothing to carry? No place to go?

To think that a restrained, immobile woman was for so long considered stylish; that beauty was achieved as a result of pain and stillness.

And then to think of the women throughout history who made strides anyway.



To think of the Harriet Tubmans and Malala Yousafzais. The Katherine Johnson's and Susan B. Anthonys. The Frida Kahlos and Mary Wollstonecrafts. The Dolores Huertas and Rebecca Lee Crumplers. The Josephine Bakers and Hedy Lamarr's.

Each of them, amongst millions of others, bound the world's wounds and built avenues of possibility, all while sewn into limitation.

This Women's History Month, as we celebrate the mountains we've scaled and seek out the hills we have yet to climb, let's toast the unfashionable women for whom every path walked meant a newly blazed trail.

Here's to the healing they brought and the hope they carried with them.

Even without pockets.



It's A Right!

by Tesla Rush



She is my past
Filled with grace
Nothing bad to say
Full of wit
knowledge beyond the sea
She's just like me

She is my present
Persistent, stubborn
Laugh so loud because why not
You will never fall with her hands
So much pain yet
eyes so bright

I am her future
Tougher than you know
All these things before me and
more

What do you want me to say? That
every time I was told no because
I'm a woman caused me pain,
setbacks, anger beyond belief
What do you want to hear? Yeah,
sure it's better. My .82 for your
every \$1.

What do I see? We still have to
march and debate decades later.
Will I stop? No.
The women before me held their
heads high
So why shouldn't I?

to be best in any
point of view.
Influence ['infl
power to affect
connections to
ect, impact,
is the

6

***influential
women
today***



GRETA THUNBERG

(2003-)

A Swedish environmental activist who is known for challenging world leaders to take immediate action for climate change mitigation. Founded a movement known as Fridays for Future (also called School Strike for Climate).

CHLOÉ ZHAO

(1982-)

A Chinese-born filmmaker, known primarily for her work on independent films. Zhao gained further success with *Nomadland*, making her the first Asian woman, the first woman of color, and only the second woman ever to win the Academy Award for Best Director.



Neilson Barnard/Getty Images

LAVERNE COX

(1972-)

Laverne Cox is a transgender actress who studied dance for years before doing TV work. She stepped into the limelight in a major way with her role on the Netflix series *Orange Is the New Black*, eventually becoming the first openly transgender person in history to be nominated for an Emmy.



ALISSA WHITE-GLUZ

(1985-)

A Canadian singer, best known as the lead vocalist of the Swedish melodic death metal band Arch Enemy. Involved in animal activism, she received a Libby award from PETA for her work in an international campaign advocating against the hunting of Canadian seals.

TRACY K. SMITH

(1972-)

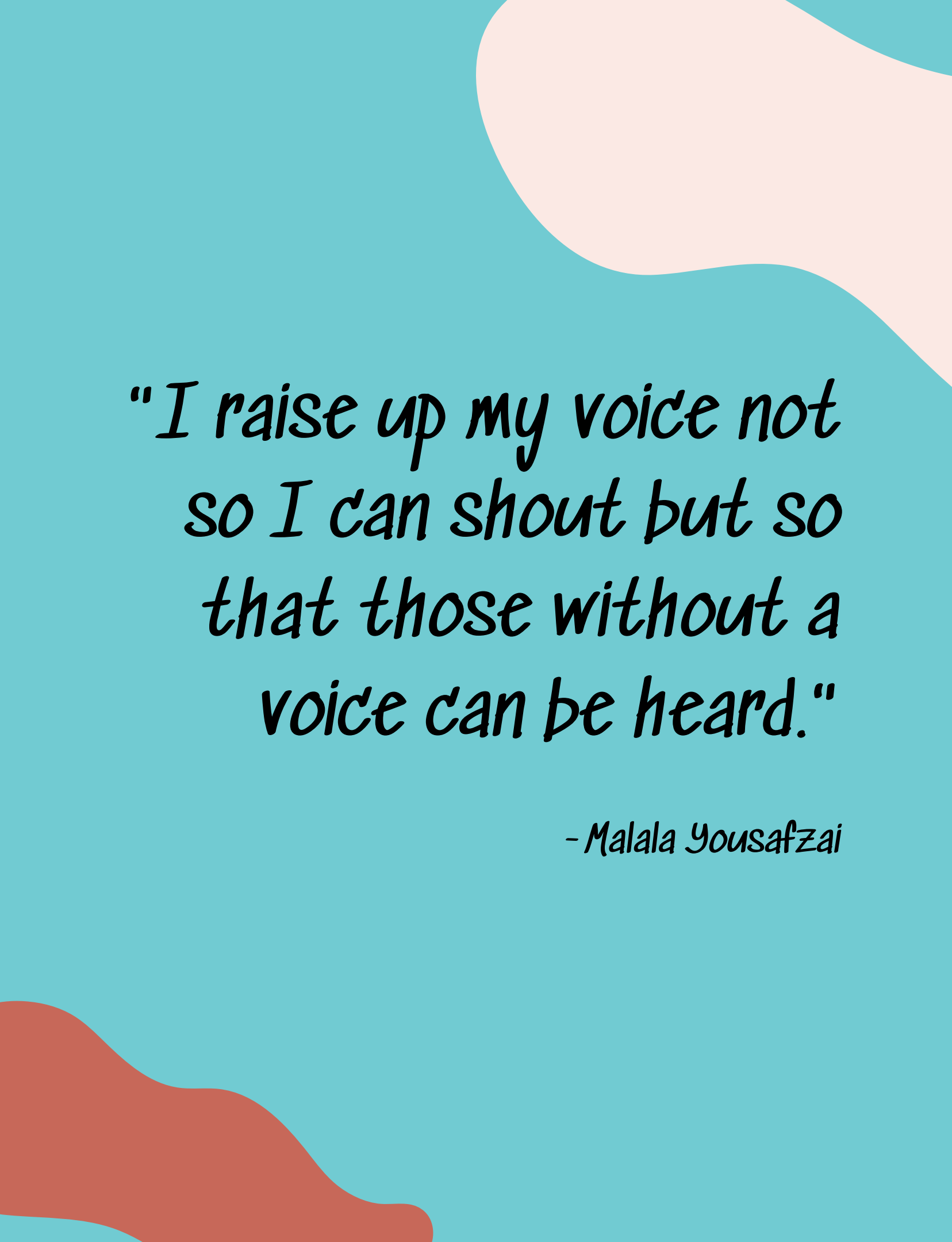
American poet and author whose writing often confronts formidable themes of loss and grief, nascent adulthood, and the roles of race and family through references to pop culture and precise descriptions of intimate moments.



DR. KIZZMEKIA CORBETT

(1986-)

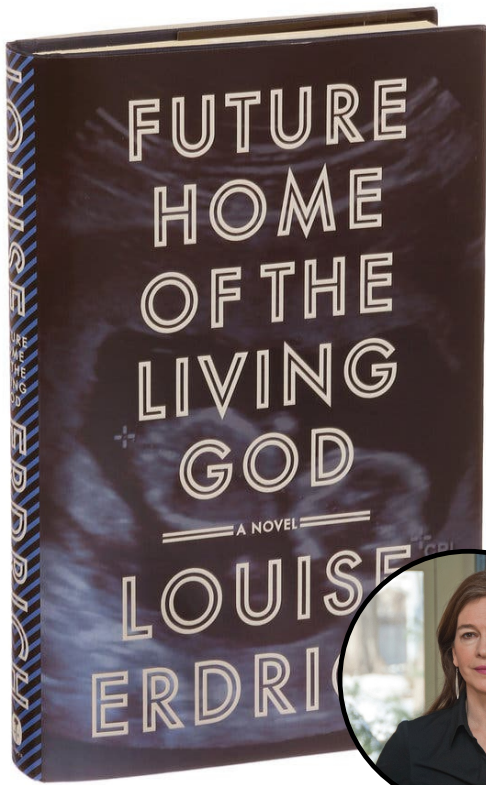
Dr. Kizzmekia S. Corbett is a research fellow and the scientific lead for the Coronavirus Vaccines & Immunopathogenesis Team. A viral immunologist by training, Corbett uses her expertise to propel novel vaccine development for pandemic preparedness.



*"I raise up my voice not
so I can shout but so
that those without a
voice can be heard."*

- Malala Yousafzai

BOOK TALKS



Future Home of the Living God
Louise Erdrich

A startling portrait of a young woman fighting for her life and her unborn child against oppressive forces that manifest in the wake of a cataclysmic event. The world as we know it is ending. Evolution has reversed itself, affecting every living creature on earth.



Binti
Nnedi Okorafor

A beautifully written and engaging science fiction tale, Binti leaves her tribe in Namibia to go off-planet to study at the Oomza Uni. But to accept the offer will mean giving up her place in her family to travel between the stars among strangers who do not share her ways or respect her customs.



Be Not Far from Me
Mindy McGinnis

Ashley knows this truth deep in her bones, more at home with trees overhead than a roof. Explores both the importance and the limits of self-reliance. She also delves into the poisonousness of pride but also the importance of anger.

How Beautiful We Were
Imbolo Mbue

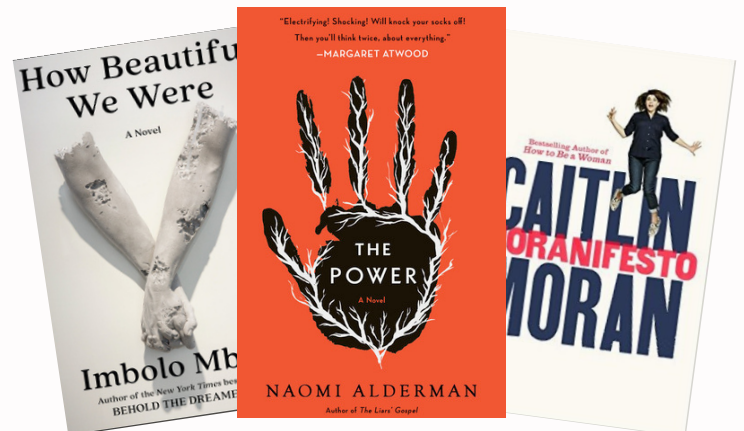
A fearless young woman from a small African village starts a revolution against an American oil company.

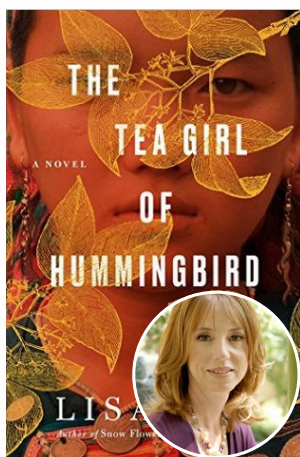
The Power
Naomi Alderman

Its central premise is women developing the ability to release electrical jolts from their fingers, thus leading them to become the dominant sex.

Moranifesto
Caitlin Moran

When Caitlin Moran sat down to choose her favourite pieces for her new book she realised that they all seemed to join up. Turns out, it's the same old problems and the same old ass-hats.





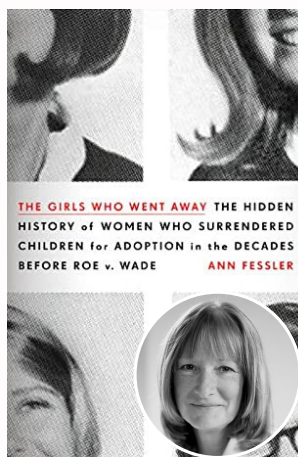
The Tea Girl of Hummingbird Lane
Lisa See

In this stirring coming-of-age novel, a young Chinese woman finds purpose, passion, and the key to a new life in the tea-growing traditions of her ancestors.



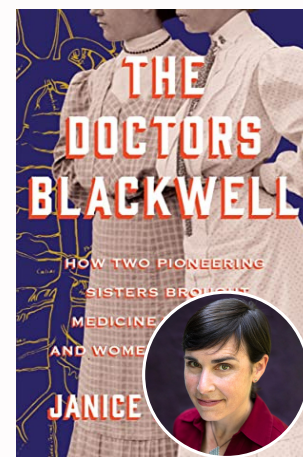
They Could Have Named Her Anything
Stephanie Jimenez

Racism, class, and betrayal collide in this poignant debut novel about restoring the broken bonds of family and friendship.



The Girls Who Went Away: The Hidden History of Women Who Surrendered Children for Adoption in the Decades Before Roe v. Wade
Ann Fessler

A powerful and groundbreaking revelation of the secret history of the 1.5 million women who surrendered children for adoption in the decades before Roe v. Wade.



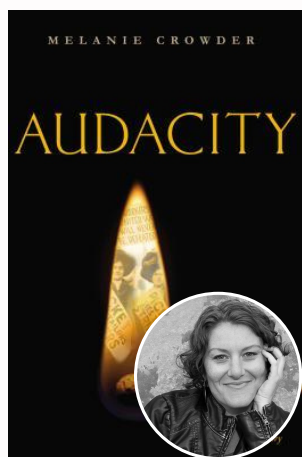
The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine
Janice P. Nimura

Examines Elizabeth and Emily Blackwell, two sisters who faced daunting lack of choices for 19th century women. They achieved a series of near-impossible feats to become America's first and third certified women medical doctors.



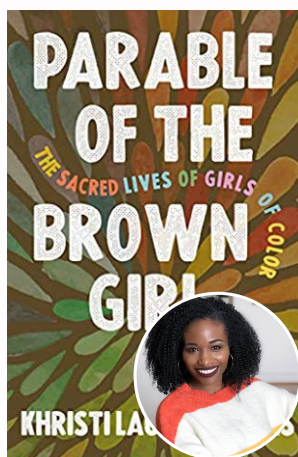
Thin Ice
Paige Shelton

The stunning wilds of Alaska are not for the faint of heart—but when Beth Rivers finds herself with a need to disappear, she's already faced far worse. So how hard could it be?



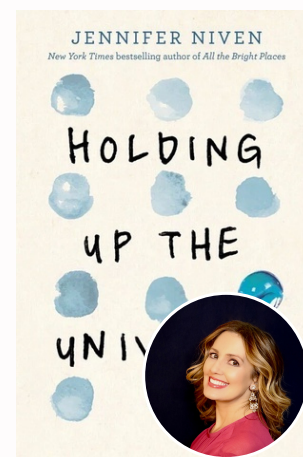
Audacity
Melanie Crowder

Novel told in verse written with intimacy and power, the real-life story of Clara Lemlich, a spirited young woman who emigrated from Russia to New York and fought tenaciously for equal rights.



Parable of the Brown Girl: The Sacred Lives of Girls of Color
Khristi Lauren Adams

The stories of girls of color are often overlooked, unseen, and ignored rather than valued and heard.



Holding Up the Universe
Jennifer Niven

Everyone thinks they know Libby Strout, the girl once dubbed "America's Fattest Teen." But no one's taken the time to look past her weight to get to know who she really is.



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